



Impossibly Easy Broccoli and Red Pepper Pie

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



138 kcal

Ingredients

- 2 cups broccoli chopped
- 2 eggs
- 1 cup milk
- 0.3 cup onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 oz cheddar cheese shredded
- 0.3 cup bell pepper red yellow chopped
- 0.5 cup frangelico

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Equipment

bowl

sauce pan

oven

knife

whisk

Directions

Heat oven to 400F. Spray 9-inch glass pie plate with cooking spray.

In 2-quart saucepan, heat 1 inch water (salted if desired) to boiling.

Add broccoli; cover and heat to boiling. Cook about 5 minutes or until almost tender; drain thoroughly.

In pie plate, stir together broccoli, onion, bell pepper and cheese. In medium bowl, stir remaining ingredients with wire whisk or fork until blended.

Pour into pie plate.

Bake 30 to 35 minutes or until golden brown and knife inserted in center comes out clean.

Let stand 5 minutes before serving.

Nutrition Facts

 **PROTEIN 24.4%** **FAT 59.09%** **CARBS 16.51%**

Properties

Glycemic Index:26, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:10.453912895659%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 138.46kcal (6.92%), Fat: 9.26g (14.25%), Saturated Fat: 4.89g (30.53%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 4.81g (1.75%), Sugar: 2.95g (3.28%), Cholesterol: 78.34mg (26.11%), Sodium: 363.89mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin C: 42.01mg (50.92%), Vitamin K: 30.71µg (29.25%), Calcium: 209.08mg (20.91%), Phosphorus: 180.73mg (18.07%), Selenium: 11.43µg (16.33%), Vitamin B2: 0.25mg (14.44%), Vitamin A: 534.39IU (10.69%), Vitamin B12: 0.55µg (9.17%), Folate: 33.2µg (8.3%), Zinc: 1.2mg (8%), Vitamin B6: 0.14mg (6.95%), Vitamin B5: 0.65mg (6.49%), Potassium: 220.16mg (6.29%), Vitamin D: 0.85µg (5.69%), Manganese: 0.1mg (5.08%), Magnesium: 19.93mg (4.98%), Vitamin B1: 0.06mg (4.1%), Fiber: 1.01g (4.04%), Vitamin E: 0.55mg (3.65%), Iron: 0.57mg (3.15%), Copper: 0.05mg (2.26%), Vitamin B3: 0.34mg (1.68%)